



## Brownies

(WITH CARROT AND SPINACH)

*These brownies fool everyone! You won't believe how scrumptious they are (or how good they are for you) until you make them yourself. Just don't serve them warm—it's not until they're completely cool that the spinach flavor totally disappears.*

**Prep: 15 minutes • Total: 55 minutes • Makes 12 brownies • Packable**

- Nonstick cooking spray
  - 3 ounces semisweet or bittersweet chocolate
  - ½ cup carrot puree (After peeling and trimming the ends, steam for 10-12 minutes and then puree in a food processor for 2 minutes)
  - ½ cup spinach puree (Steam for 30 to 40 seconds, then puree in a food processor for 2 minutes)
  - ½ cup firmly packed light or dark brown sugar
  - ¼ cup unsweetened cocoa powder
  - 2 tablespoons trans-fat-free soft tub margarine spread
  - 2 teaspoons pure vanilla extract
  - 2 large egg whites
  - ¾ cup oat flour, or all-purpose flour
  - ½ teaspoon baking powder
  - ½ teaspoon salt
- 1 Preheat the oven to 350°F. Coat an 8x8-inch baking pan with cooking spray.
  - 2 Melt the chocolate in a double boiler or over a very low flame.
  - 3 In a large bowl, combine the melted chocolate, vegetable purees, sugar, cocoa powder, margarine, and vanilla, and whisk until smooth and creamy, 1 to 2 minutes.
  - 4 Whisk in egg whites. Stir in the flour, baking powder, and salt with a wooden spoon.
  - 5 Pour the batter into the pan and bake 35 to 40 minutes. Cool completely in the pan before cutting into 12 bars.

**Jay:** *These brownies are low in calories (only 133 per brownie) and saturated fat. They're also packed with 3 grams of fiber (which is just crazy for a brownie!), while spinach and carrots provide two powerful antioxidants that help your kids' eyes stay healthy.*

